

# Anger Survey

Please be honest or have your spouse mark this test for you. You should probably only take this test when you are upset. Why? Because we are basically liars. We like to think of ourselves better than we are. When you're angry you are more likely to be truthful on this scale.

Mark each statement measuring your anger quotient:

**0 = No anger | 1 = Mildly irritated | 2 = Moderately Upset | 3 = Very Upset - Angry ! | 4 = Furious !!!**

1. \_\_\_\_\_ You unpack an appliance you purchased, plug it in and it doesn't work.
2. \_\_\_\_\_ You are overcharged by a serviceman when your car broke down.
3. \_\_\_\_\_ You are singled out for correction while others wrongs go unnoticed.
4. \_\_\_\_\_ Your car gets stuck in the mud or snow when you are dressed up.
5. \_\_\_\_\_ You are carrying coffee and someone rudely bumps into you.
6. \_\_\_\_\_ Someone jokes or teases you about the way you look.
7. \_\_\_\_\_ Your car stalls at a traffic light and everyone keeps blowing their horns.
8. \_\_\_\_\_ You make a wrong turn and someone yells, "Jerk, where'd you learn to drive?"
9. \_\_\_\_\_ You lend someone a book and they don't return it.
10. \_\_\_\_\_ You get caught in a traffic jam when you are late for work.
11. \_\_\_\_\_ The car in front of you is going 25 in a 45 mph zone.
12. \_\_\_\_\_ You go to get a pop with your last quarters and the machine eats them.
13. \_\_\_\_\_ It is one of those days when everything you touch seems to break or go wrong.
14. \_\_\_\_\_ Your kids ignore you when you tell them to get off the phone.
15. \_\_\_\_\_ Your wife/husband forgets to do what you asked them to do.
16. \_\_\_\_\_ The moment you walk into a store the salespeople are all over you.
17. \_\_\_\_\_ Someone's dog left a mess on your sidewalk and you step in it.
18. \_\_\_\_\_ Someone broke your favorite tea set, (or men, your favorite tool.)
19. \_\_\_\_\_ A workman does shabby work and insists it is done right.
20. \_\_\_\_\_ You can't get through to the bank to talk to a real person.
21. \_\_\_\_\_ Someone's been snooping in your private file drawer.
22. \_\_\_\_\_ Someone cuts in front of you in a supermarket line.
23. \_\_\_\_\_ Someone swears at you or gives you a vulgar gesture
24. \_\_\_\_\_ Your daughter/son ruins your new blouse/shirt when she/he washes it.
25. \_\_\_\_\_ Someone leaves a dent in your car door at the supermarket.

Total your score to find out how explosive you really are.

0-45 Mild mannered person, not easily upset (or you are lying!)

46-55 Average amount of anger (easy going person)

56-75 Irritable person, easily agitated (nervous person)

76-85 Explosive person, watch out! (prone to frequent anger flair-ups)

86-100 Anger champion, a real hot-head (Temper, temper! A hostile hothead)